



thecollegian

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Arts and Sciences' 2025 plan focuses on collaboration

By MARIA PENROD
THE COLLEGIAN

The College of Arts and Science's 2025 plan is comprised of eight key activities and seven key outcomes. But to Peter Dorhout, dean of the college, it is all about people.

"Hard-working, dedicated faculty and staff provide the rationale for investing in the future," Dorhout said. "People make the institution what it is and what it can be. People from diverse backgrounds and cultures make the whole environment for scholarship much richer."

Dorhout said most of the college's goals are achievable if they invest in people who will move them forward, and make it a priority to provide competitive salaries that will attract high-achieving faculty and keep them at K-State.

"Faculty are dedicated educators and explorers in their disciplines, and we need to provide the infrastructure that enables them," Dorhout said. "Focusing here will create a learning environment for students that is second to none."

Growing the college faculty to the levels of comparable Top 50 programs is one of the long-term key activities outlined in the college's 2025 plan. A short-term key activity is to develop a plan to grow general fund resources that follow student credit hour production.

"Resources dictate much of what we are able to accomplish," Dorhout said. "Students should have access to excellence in public higher education, but there is a cost to investing in and maintaining excellence."



HANNAH HUNSINGER | THE COLLEGIAN

Students listen to a Mass Communications in Society lecture in Umberger Hall 105 on Feb. 19. One of the 2025 goals for the College of Arts and Sciences is to improve the student experience and provide students with advanced technology.

Alumni and friends have swooped in to help K-State's largest college reach its goals.

"Since becoming dean in 2012, alumni and friends have embraced our plan and share the vision of a college that provides an outstanding arts and sciences curriculum and a commitment to access to excellence," Dorhout said.

"Those alumni and friends are also stepping up with more scholarship funding than ever before. Our current students have also stepped up by supporting a college fee on our classes that has infused funding to provide improvements in class-

rooms, labs and studios; enhancements in tutoring and advising; and access to research and travel scholarships that build critical student experiences that complement the classroom experiences."

To the college's faculty, there is nothing more important than their students' experiences.

"Ultimately, our part of K-State 2025 is about the students in the College of Arts and Sciences, both current and future," said Tom Roesler, communications and event coordinator for the college. "We want to do everything we can to help our students become

equipped to make a difference in the world, and this plan gives us the vision and structure needed to do just that."

Michael Frampton, freshman in biology, said he thinks the college is moving in the right direction.

"The College of Arts and Sciences does not have the most expensive and up-to-date technology and research tools, but the funding plan seems to encompass that," Frampton said. "Plus, it provides students and faculty with research opportunities to put them out in the field with an advantage to succeed.

I mean, of course not everything is going to happen right away – but their long-term plans stack on top of their short-term plans, which will help them get to the level of other top research universities."

Dorhout said he is excited about the future of the college.

"Providing our students with a Top 50 learning environment, which relies on all aspects of the plan to work in harmony – faculty excellence, classroom facilities, research and creative endeavors (and) focusing on projects that enhance these will raise the tide for everything else," Dorhout said.

Kansas attorney general to appeal Supreme Court's death penalty decision

By CONNOR LAMM
THE COLLEGIAN

The Kansas Supreme Court recently ruled to not exact capital punishment for Reginald and Jonathan Carr, and Sidney Gleason.

"Heinous crimes, such as committed by the Carr brothers, are horrible and the punishment of death (is a) sentence I feel was proper and appropriate."

ELAINE BOWERS
SENATOR, KANSAS

Reginald and Jonathan were convicted of the "The Wichita Massacre" in 2002, when they allegedly murdered four Wichita residents in December of 2000, according to the Wichita Eagle. The Daily Press reported that Gleason is the convicted murderer of a Great Bend couple in 2004. All three were sentenced to death.

However, all three of the rulings have recently been over-

turned. KWCH News reported that the Kansas Supreme Court states that the ruling was made due to jury instructions on the sex crime-based murder charges and the capital murder charges being duplicated.

According to a press release from last Thursday, Kansas At-

torney General Derek Schmidt released in August of this year.

In this statement, the pair said they are "committed to seeking justice in this case for the victims, their families and the community."

From the opposite party perspective, lawyers of the Carr brothers are requesting a new trial. The Wichita Eagle reported that this request for the new trial was made when the lawyers stated the brothers damaged both their defenses when they were tried together instead of separately, as requested.

"I can see both sides of the death penalty and I have mixed feelings about it," Kansas Sen. Elaine Bowers said. "It is a very touchy subject and the people of Kansas have mixed feelings about it as well. Heinous crimes, such as committed by the Carr brothers, are horrible and the punishment of death (is a) sentence I feel was proper and appropriate."

CONTINUED ON PAGE 7, "COURT"

Snyder to appear on College Football Hall of Fame ballot

K-State head football coach Bill Snyder has been announced as a 2015 candidate for entry into the College Football Hall of Fame, according to a Tuesday press release by the hall of fame and the National Football Foundation.

The new inductees will be announced on Jan. 9 in conjunction with the first ever college football playoff weekend, according to the release. Snyder is one of six coaches on the ballot from the Football Bowl Subdivision, and is the only one still active.

To be eligible for the ballot, coaches are required to have coached for at least 10 years, at least 100 games, have won 60 percent of their games and be retired for at least three years. Once a coach turns 70 years old, there is three-year waiting period, and coaches 75 years old or older are eligible while active. Snyder, the winningest coach in K-State football history, turned 75 on Oct. 7.

Seventy-five former players from the Football Bowl Subdivision were also announced as candidates, in addition to the 87 players and 25 coaches nominated from "divisional ranks."

Player candidates include former Texas running back and 1998 Heisman Trophy winner Ricky Williams.

Woman pleads guilty in \$3 million fraud scheme

Certified public accountant Irene Marie Brooner, 52, pled guilty to a \$3 million fraud scheme on Wednesday, according to the Kansas City Star.

Brooner will have to surrender a judgment amount of \$2.9 million which she received from the scheme, as well as her personal assets. She also could be fined another \$1 million and sentenced for up to 30 years in federal prison. Brooner was in charge of accounts and payroll for Kansas City, Missouri sheet metal fabrication facility and steel service center Galvmet Inc. from 2001-14. The scheme caused the company to go out of business.

Truck crash kills four cows near Abilene

A semi-truck transporting 61 cattle crashed near Abilene, Kansas on Wednesday, killing four cows and injuring multiple others, according to a KSAL article.

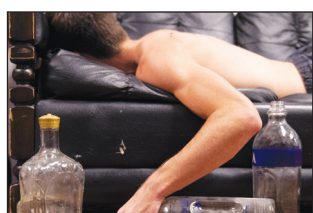
The crash happened on Interstate 70 near mile marker 278 at around 3:30 a.m. The driver was not injured according to the article. Among first responders was a veterinarian.

compiled by Shelton Burch

INSIDE



4 Wildcats rebound with sweep over Sooners Wednesday



5 Everything students should know about binge drinking

Fact of the Day

Months that begin on a Sunday will always have a "Friday the 13th"

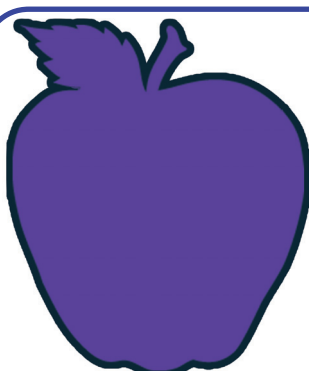
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Survey Drops: **Monday, October 20** | Winner Announced: **Wednesday, November 19**



ACROSS

1 Off-bracketed word
4 Have on
8 Pool table accessory
12 Mound stat
13 Sea eagle
14 Panache
15 Mess kit flasks
17 Tragic
18 Awful
19 Flyer's expense
21 He has all the answers
24 Zero
25 Listener
26 Morning moisture
28 Colorful parrot
32 What snobs put on
34 Group of whales
36 Festive
37 Camel's cousin
39 Sailor
41 Neither mate

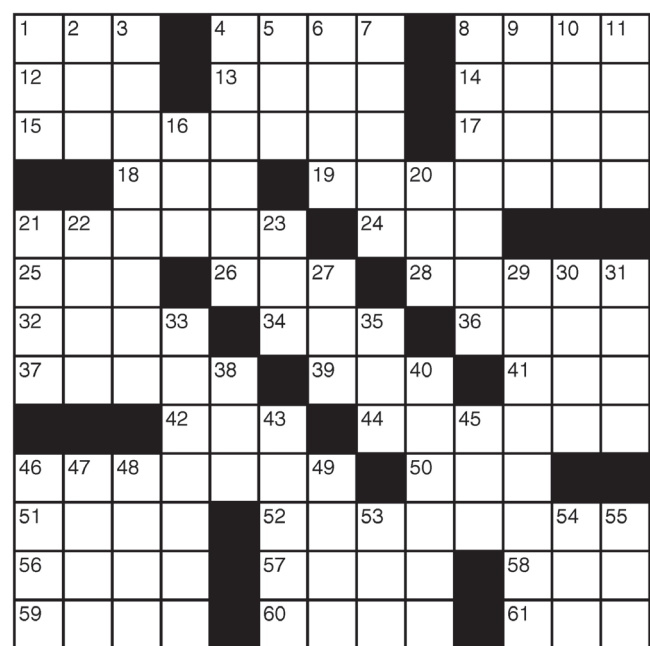
DOWN

1 Moment
2 401(k) alternative
3 Australia's capital
4 Used a hoe
5 Previous to
6 Writer
7 Varnish component
8 Warning signal
9 Others (Lat.)
10 Singer
11 Elbow counter-part
16 Bill
20 Lip
21 Blue shade
22 Bar
23 St. Bernard's burden
27 Humorist
29 Hemp
30 Shaving cream additive
31 Hospital section
33 Ore refinery
35 Mid-June honoree
38 Alias abbr.
40 Reward
43 Host
45 Parisian pal
46 Scatters seeds
47 Condo, for instance
48 1492 vessel
49 Cushions
53 Pinch
54 Blackjack part
55 Caustic solution

Solution time: 24 mins.

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Yesterday's answer 10-23



THE BLOTTER

ARREST REPORTS

Monday, Oct. 21

Frederick Russell Spaulding, of Council Grove, was booked for aggravated battery. Bond was set at \$5,000.

Steven Michael Wenth, of the 1700 block of Casement Road, was booked for criminal damage to property. Bond was

set at \$1,000.

Tuesday, Oct. 22

Mason Robert Swenson, of Wamego, was booked for driving under the influence. Bond was set at \$750.

Tiffany Alexis Gail Selfridge, of the 300 block of Twyningham Place, was booked for driving under the influence, refusal of a chemical test and driving with a cancelled, suspended or revoked license. Bond was set at \$5,000.

10-23

CRYPTOQUIP

U M Q U A Q T Z T G U Z T E U Z N J O S

V T L J D G U Q T L G A Q T S Q D E U Z E

T Q U Z N J G . S R V E R V O L G Q S M J

Z T U V Z U G Z T V Z U G .

Yesterday's Cryptoquip: IF PEOPLE CONSUME LIGHT BEER BY GULPING EVERY FIVE SECONDS, ARE THEY FINDING THE LAGER-RHYTHM?

Today's Cryptoquip Clue: U equals T

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The Collegian welcomes your letters. We reserve the right to edit submitted letters for clarity, accuracy, space and relevance. A letter intended for publication should be no longer than 350 words and must refer to an article that appeared in the Collegian within the last 10 issues. It must include the author's first and last name, year in school and major. If you are a graduate of K-State, the letter should include your year(s) of graduation and must include the city and state where you live. For a letter to be considered, it must include a phone number where you can be contacted. The number will not be published. Letters can be sent to letters@kstatecollegian.com.

Letters may be rejected if they contain abusive content, lack timeliness, contain vulgarity, profanity or falsehood, promote personal and commercial announcements, repeat comments of letters printed in other issues or contain attachments.

The Collegian does not publish open letters, third-party letters or letters that have been sent to other publications or people.

CORRECTIONS

If you see something that should be corrected or clarified, call managing editor Jon Parton at 785-532-6556 or email news@kstatecollegian.com.

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Zits | By Jerry Scott and Jim Borgman



the FOURUM.

785-260-0207

The Fourum is a quirky view of campus life in voices from the K-State community. Positive and humorous comments are selected for publication by the Collegian marketing staff.

Did anyone else see a goat on campus?

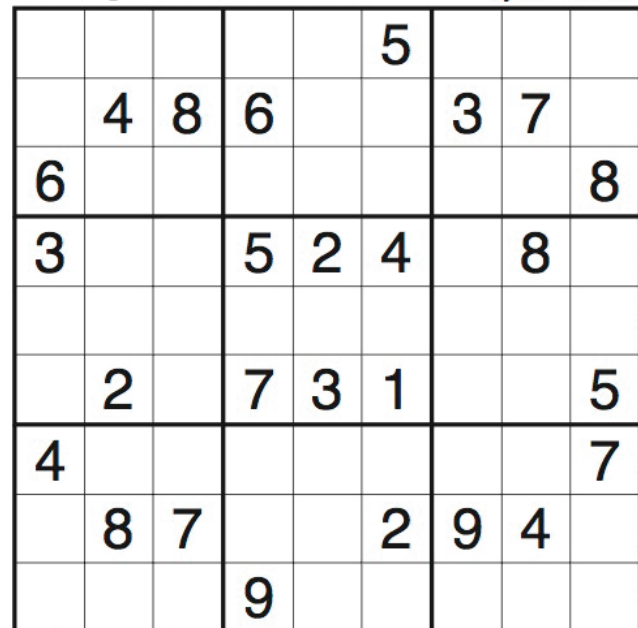
To the idiot who stole my bike from my backyard: you're being tracked by GPS.

Glad to see people still representing the Royals on campus today

To submit your Fourum contribution, call or text 785-260-0207 or email thefourum@kstatecollegian.com. Your e-mail address or phone number is logged but not published.

Conceptis Sudoku

By Dave Green



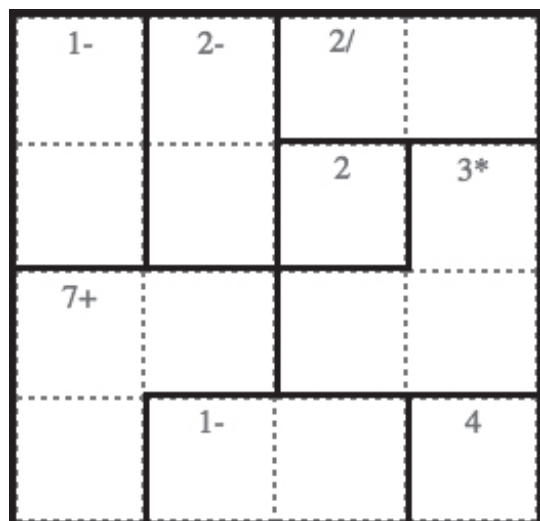
Difficulty Level ★★ ★

10/23

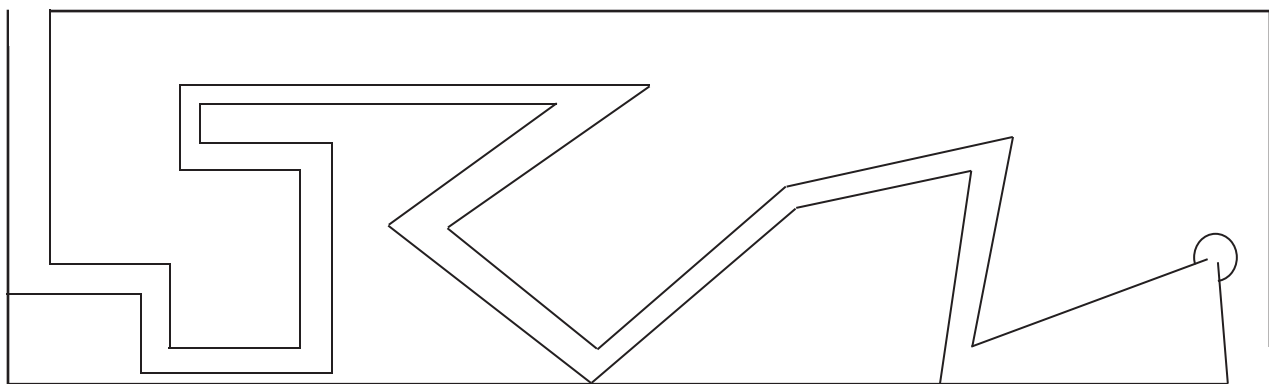
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KenKen | Medium

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Price of being a K-State student continues to rise

By JON PARTON
THE COLLEGIAN

The cost of being a K-State student is once again more expensive than it is for the average American, according to the 2014 Student Price Index. Compiled by the K-State Economics Club, the SPI measures prices of goods and services commonly used by college students, such as tuition, textbooks and housing.

Prices increased by 4.7 percent from last year, compared to the national average of 1.7 percent calculated by the U.S. Bureau of Labor Statistics' Consumer Price Index. Housing and tuition are responsible for roughly two-thirds of an average student's budget, according to Christa Deneault, senior in mathematics and vice president of the economics club.

"The increases in tuition and textbook prices are not surprising," Deneault said. "Those have always been increasing."

While tuition prices rose by 5 percent, textbook prices increased by 15 percent over the last year.

"It's disheartening how much the price of tuition and textbooks are up," said Hannah Jones, senior in economics and president of the club.

Although the 2014 increase was less than the 6.4 percent increase in 2013, the SPI has almost doubled since the club first began calculating it in 2002. Its adviser Dan Kuester, director of undergraduate studies in economics, wrote in a press release that it may be alarming for people to see the increases.

"It certainly has become relatively more expensive to attend college than to purchase other goods in the past 12 years, but the overall value of a K-State degree continues to be a relative bargain in my opinion," Kuester

said in the release. "There continues to be a significant wage and employment premium associated with earning a college degree at K-State."

Beer prices rose the most out of all the categories, jumping up 20 percent. Close behind were textbooks and non-greek housing, both at 15 percent increases respectively.

Isa Cricco, senior in economics, said that the news was not all bad.

this is an image

Average cost of SPI categories over time (<100) according to the Kansas State University Economics Club. (Emily DeShazer | The Collegian)

"I think it's surprising that housing increased," Cricco said. "However, Internet (prices) was down by 12 percent and gas decreased by 11 percent."

The club gathered price information during the third week of September. In order to ensure consistent scientific data, club members record prices of the same products at the same locations every year.

"It's important we get the same prices at the same places," Deneault said. "We want to make sure there are no discrepancies."

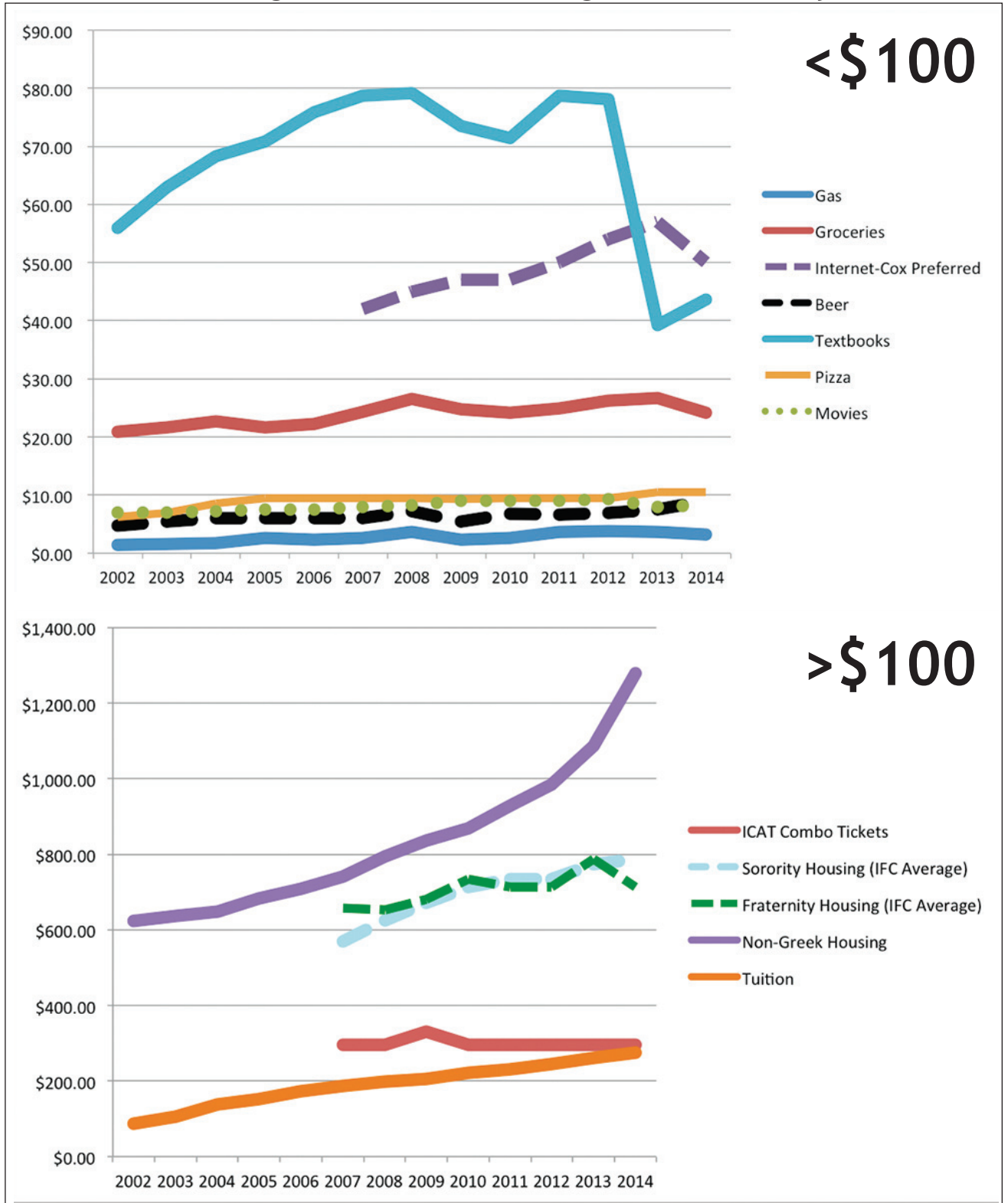
Jones said not every university produces an SPI.

"We're one of the few colleges that does it (calculates SPI)," Jones said. "The SPI has always been higher than the CPI. The inflation rate is always higher for students."

According to Deneault, the SPI should be used as a tool by students to become better informed.

"It's one of those things people should be aware of," she said. "We're really proud of it (the SPI). What I hope people take away from it is that they know where they stand on prices. This information is about our students and our community."

Average cost of SPI categories annually



Weber Hall, Weber Arena serve as students', campus' agricultural hubs

By TAYLOR ISLEY
THE COLLEGIAN

To many students, Weber Hall and Weber Arena are more than teaching facilities – they are a second home.

Weber Hall, the animal sciences and industry building, is located on the north end of campus across from the Derby Complex. Construction of the hall, which was named in honor of faculty member A.D. Weber, started in 1955. It was the only building in the country at the time that housed a complete animal husbandry department according to Rufus F. Cox, who was the department head when the building was formally accepted in 1958.

Ground was broken on Dec. 12, 1985 for the construction of Weber Arena, a 23,000 square foot addition to Weber that would serve as a resource to the students, faculty and community for livestock and other events, as part of the building's renovation.

"There's something special about Weber Hall," Victoria Willis, senior in animal sciences and industry, said. "The feeling you get when you walk through the doors is one of welcoming and a family embrace."

Many different K-State clubs and student organizations host or attend events



Located on the north end of campus, Weber Hall is home to Weber Arena, where many K-State student organizations and clubs, such as Collegiate Cattlewomen and the Rodeo Club, host events.

held in Weber and the arena.

Katelyn Vincent, Collegiate Cattlewomen president and senior in agriculture education, said her organization has previously held its Tough Enough to Wear Pink Campaign barbecue in Weber.

"The Tough Enough to Wear Pink Campaign barbecue involves the student body and faculty," Vincent said. "All are welcome to come and help support the Susan G. Komen Breast Cancer Foundation."

Cattlewomen and other agricultural students have also taken part in College of Agriculture events, such as Kiddie Barnyard and Open House.

Vincent said Kiddie Barnyard is organized by the College of Agriculture Student

Council. Clubs come to the event and inform local elementary to high school students about an agricultural topic in Weber Arena.

"You can't walk too far throughout this building without finding a familiar face,"

Willis said. "Whether it be working the concessions at the rodeo, to studying in the lounge, to the Ag Council's barn dance, Weber Hall has become a social gathering place and second home to many of us."

Students also help with the department's annual Cattlemen's Day in the spring, hosted in Weber Hall, where producers and industry professionals come to learn about the latest technologies, topics and challenges facing the agricultural industry. According to Vincent, this gets the students involved in the industry.

"Weber is a really great place for holding agricultural events," said Tonja Wright, sophomore in pre-veterinary medicine. "Last year I showed a dairy heifer in the Little American Royal which was such a cool experience."

Little American Royal is a livestock showing competition put on by the Block and Bridle Club. For the competition, students are assigned an animal from their chosen species (goat, sheep, dairy, equine and beef) and given a couple of weeks to work with that animal getting them ready to be shown.

"Having Weber Arena provides a central location for student, faculty and industry events to be held," Vincent said. "With that, it helps us to share our passion of the beef industry with others."

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K-State volleyball team gets back to their winning ways



RODNEY DIMICK | THE COLLEGIAN

Senior outside hitter **Chelsea Keating** dives for the ball in an attempt to save the play Wednesday at Ahearn Field House. The Cats swept Oklahoma in three sets.

By TIMOTHY EVERSON
THE COLLEGIAN

In need of a defensive pick-up, No. 22 K-State looked significantly better as the volleyball team held Oklahoma to a .192 hitting percentage, defeating their opponents from Norman in a three-set sweep.

The first set was dominated by the Wildcats 25-14, who threw down 15 kills on 23 attempts and

committed only one error on .609 hitting.

"We were as offensively productive (tonight) as we have been probably since conference play started," K-State head coach Suzie Fritz said. "We hit .380, everyone was involved, and we had really good balance in offense. I thought our passing was a little bit more consistent, and we won the serving and receiving battle. The things that we have been really stressing and working on, getting a lot of feedback in, talking a lot about and

spending a lot of time on, we were able tonight to implement some productive change."

The second set proved to be slightly more of a challenge for the Wildcats as Oklahoma kept it close up until a 15-all tie. After that, it was all K-State as they went on a 10-4 run to close out the set 25-19.

Set three was drastically different as Oklahoma jumped out to as much as an eight-point lead. However, K-State rallied in impressive fashion to tie it up at 24-24. An Oklahoma attack error left

it open for K-State sophomore setter Katie Brand to finish off the set and the match 26-24.

"I think we had a great game plan like always," Brand said. "Our coaches always have a set plan that if we execute it, we have a really good shot of winning and slowing them down. By staying on task and slowing them down, we will win games."

K-State was led in scoring by senior middle blocker Natali Jones, who had a career-high 12 kills on .688 hitting and seven blocks.

Sophomore outside blocker Brooke Sassin was the other Wildcat to register double-digit kills with 11 total.

It was also a strong serving night for the Wildcats as five different players registered aces, including sophomore libero Sheridan Zarda and her two service aces.

K-State will play three of its next four matches on the road. On Saturday, they will face West Virginia to finish the first round of conference play.

Extension agents unite on campus under common cause

By SETH DIEHM
THE COLLEGIAN

Extension agents are the face of K-State in their local communities in every county across the state. In this, K-State benefits by maintaining an active role in the development of the state while being able to conduct accurate research.

Extension agents facilitate the local 4-H youth programs, offer advice and information on subjects ranging from healthier living through dieting and food preparation, to helping advise farmers and ranchers on conservation efforts.

"As an extension of the

university, we provide leadership and research based current information to our community," said Jen Schoenfeld, family and consumer sciences agent in Gove County, Kansas. "Our services are affordable and often free to use; we are very community focused."

This week, county extension agents from all across the state will be on campus for Annual Conference. During the course of the conference, extension personnel meet to discuss different ways to maintain sustainable practices in their community.

"Staying current with our peers and up to date on relevant, current issues is a must within the extension program," Amy Lorenzen, family and consumer science agent in

Logan County, Kansas, said.

Throughout the course of the annual meetings, the agents attend sessions specialized toward their respective focuses to remain up to date on the current and upcoming issues their positions encounter.

Agriculture, 4-H and family and consumer science agents alike will meet to discuss the direction of their programs and contribute ideas. While their job titles differ, they work as a "unified system for the community," Schoenfeld said.

"We really have to keep an eye on the federal and state spending allotted to the extension service," Julie Niehage, agriculture agent in Logan County, Kansas, said.

"We need to be smart with our resources and when we can meet like this, I think it really helps keep the state on a consistent mindset."

The role of extension has changed over the years according to John Beckman, agriculture agent in Scott County, Kansas.

"Nowadays, we have to be more focused and efficient with our resources," Beckman said. "We are seeing a higher demand for masters degrees within the extension service, we have to be more specialized."

Each summer, the university provides internships to a select number of students who are sent to work in one of the state's many county offices. Interns aide in the operation

of county fairs and the 4-H programs, along with numerous other tasks that are assigned on a county by county basis. Each are also assigned a major project to complete that will in some way impact and improve the county program.

Beth Hafliger, junior in agriculture economics, interned in the Trego County extension office. As an intern, Hafliger was a critical part of the fair preparation process which included designing the layout for the new hog barn and other daily aspects of the fair. She even experienced camp for the first time in the summer.

"My internship at the extension office was truly amazing," Hafliger said. "I learned

so much and got to meet some amazing people along the way."

Rachel Juenemann, junior in dietetics and nutrition and health, interned at the Thomas County, Kansas office and had a similar experience.

"Being given the opportunity to work with research and extension this past summer was a one of a kind experience where I could apply the knowledge I have gained from my school work and apply it to real life situations," Juenemann said. "I got to give back to the community and really see the everything that goes into the life of an extension agent. I really got to appreciate the work and effort put toward all the communities and counties statewide."

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INDEPENDENT VOICE FOR KANSAS STATE UNIVERSITY

Getting too drunk too quickly leads to more than just hangovers

By KELLY IVERSON
THE COLLEGIAN

Aggieville: a prime location for college students to blow off steam after a long week's work. However, the atmosphere often encourages excessive drinking, aka binge drinking, which can lead to many other issues.

Defining binge drinking

According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is "a pattern of drinking that brings a person's blood alcohol concentration to 0.08 grams percent or above."

Chaz Mailey, psychologist at the K-State Counseling Services and the alcohol and other drug education services coordinator, said that binge drinking has been around for a long time.

"Binge drinking is not an uncommon term, but maybe one that's growing in popularity as far as like being heard more often now because they're trying to bring more attention to it," Mailey said.

In order to have a BAC of 0.08 grams percent or above, women usually must consume four or more drinks and men must consume five or more drinks in about a two-hour span, according to the institute.

Mailey said some dangerous side effects of binge drinking include hangovers, blackouts and impaired motor skills.

It's not just a college problem

Though Jessica Ptak, senior in nutrition and health and bartender at Rambler's Steak House, rarely sees college students at the restaurant's bar, she does notice instances of binge drinking amongst adults.

"There were these ladies that came in (who) had been there before I got there and stayed for a couple of hours (that) were so hammered," Ptak said. "One lady sat on the side of the bar with her husband, but told me she was waiting on other guys to pick her up."

Julie Gibbs, director of health promotion at Lafene Health Center, said contrary to popular belief, not all college students are binge drinking.

"I know when I was a college student coming in I thought that's just what you did," Gibbs said. "You went to college and you drank on the weekends and you got wasted."

Education is key

Gibbs said according to the numbers from AlcoholEdu for College, the alcohol education program all incoming freshmen are required to take, 58 percent of K-State students do not drink at all. She said that while the binge drinking phenomenon exists, it's not as prevalent in the K-State community – largely due to the



PHOTO ILLUSTRATION BY HANNAH HUNSINGER | THE COLLEGIAN

According to the National Institute on Alcohol Abuse and Alcoholism, binge drinking is "a pattern of drinking that brings a person's blood alcohol concentration to 0.08 grams percent or above."

awareness created by AlcoholEdu.

The program doesn't tell students to not drink, but rather gives people the information and educational tools to see the consequences of drinking too much, the signs of alcohol poisoning and other related effects involving drinking.

According to Gibbs, it's very important to practice conscious drinking, if you do drink.

"I think that it reduces your risk of binge drinking or becoming dependent on alcohol, (and) there's a big chunk of our society that is," Gibbs said. "If you learn how to drink (or) if you like to drink alcohol, it's important to do it in moderation. Then you'll be okay."

Impact of binge drinking

According to Gibbs, how much drinking can hurt someone depends on a lot of factors, including tolerance level, weight and gender. The prevalence

of binge drinking among men is twice the prevalence among women, according to the Centers for Disease Control and Prevention.

"If you're binge drinking, obviously taking in a lot in a short amount of time, you're more likely to develop problems down the road as well as having problems during bingeing," Gibbs said. "You're more likely to get in trouble, which could include getting a DUI or obtaining STDs if you're having sex under the influence. Studies show that about (one-third) of all traffic accidents involve alcohol."

A World Health Organization report said that there are about 2.5 million deaths each year that directly resulted from the harmful use of alcohol.

Project Accessing Behaviors for Change works with different on campus organizations to help students, who have been referred by a judicial board, an administrative resolution or a greek chapter, for

violating an alcohol and drug conduct codes.

Michael Dreiling, coordinator for the project, said binge drinking can alter someone's sleep from anywhere between two to three days at least. "Passing out" or falling asleep quickly is common with someone who has been binge drinking, and oftentimes people wake up way earlier than normal and can't fall back asleep.

"You've disrupted your deep sleep cycle, so it's going to be really hard to get back on track," Dreiling said.

When it comes to students, the amount of sleep lost on the weekends due to binge drinking is often not made up during the week.

Where to go to get help

Students struggling with binge drinking can go to K-State Counseling Services and speak with Mailey, who helps students come up with moderation plans that seek to teach how to limit drinks and

not over-consume alcohol.

According to Mailey, the plans limit the number of nights student go out and drink per week, as well as help them avoid problematic behaviors like drinking games or pre-gaming.

"I know it's kind of a challenge because one of the things I hear students talk about is that there's not a lot of options for things for them to do that don't involve drinking," Mailey said.

Project ABC helps students compare their drinking behaviors with their peers and other ways to process their drinking habits.

"We are who our friends are," Dreiling said. "We are the average of all of our friends."

Dreiling said if students are hanging out with people who binge drink all the time, they will eventually assume it's what everyone is doing and that it's not a big deal.

"I think it has to do with the drinking culture and I think

drinking culture is varies from campus to campus and region to region," Mailey said.

According to Mailey, many college students coming in as freshmen have already had their first experiences with alcohol.

"The earlier you engage in drinking and binge drinking in general, the more likely (you're) to experience some type of problem the older you get," Dreiling said.

A lot of campuses are taking on the idea of harm reduction.

"We know that students are going to do this, so how can you make good choices if that's something that you are choosing to do," Mailey said.

If drinking on the weekends is inevitable, it is important to know how to do it safely and what the consequences are for behaviors like binge drinking. Students do not need to get caught up in the idea of shark night and Aggieville in order to have a good time.

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Fifth-year senior ready to make his mark in Bramlage, on Weber's team

BY TATE STEINLAGE
THE COLLEGIAN

Though he has yet to record an official stat for the men's basketball team, Justin Edwards is already receiving the type of praise that would normally be paired with a fifth-year senior.

"He's probably the most athletic player I've ever played with," senior forward Nino Williams said Wednesday at K-State Basketball Media Day. "I think he is going to surprise a lot of people and our own fans that haven't heard much about him yet. I personally think him and Marcus (Foster) will be our leading scorers this season. I've never seen anyone live in practice like Justin. I think he will bring a lot of excitement to the team."

Edwards amassed 887 points in his two years at the University of Maine and sat out last year per NCAA rules, but is ready to make an instant impact for a K-State team with high expectations this season.

"I'm extremely anxious," Edwards said. "It's tough sitting out a whole year and just only being able to practice and not see any game action. I'm excited to go out and show people what I can do and have fun with my teammates."

The 6-foot-4-inch guard traveled alongside fellow

K-State transfer Brandon Bolden to Latvia and Lithuania this summer with Athletes in Action, a Christian-based organization that uses the sport as a ministry platform, to compete against various club and professional teams.

Edwards led the American squad to a 3-1 record with 17.5 points and 5.5 rebounds per game during the tour. He was the leading scorer in three of the team's four games, recording a tour-high 23 points on 52 percent shooting against University of Latvia.

The experience was Edwards' first bit of competitive basketball since leaving Maine after the 2012-13 season. He spent the majority of last season in a practice jersey, learning head coach Bruce Weber's system and how to acclimate to a more competitive atmosphere.

"I've learned the level of competition is way higher (at K-State)," Edwards said. "Always having to be aware on defense or else you will be exposed. You absolutely can't take any plays off, you always have to compete. Everyone is good and there are no bums on the court."

From what has been said thus far, Edwards has fit into the K-State picture quite well. Sophomore guard Marcus Foster has said multiple times that he believes Edwards will lead the team in scoring. Senior forward Thomas Gipson added



K-State and Oklahoma State players reach for a rebound in the second half of the Wildcats' 74-71 upset victory over the No. 6-ranked team in Bramlage Coliseum on Jan. 4.

ed that he will relieve some of the pressure and attention other players are used to receiving.

Not one to brag about his skills, Edwards kept his outlook on what the team can achieve.

However, he did offer fans a quick glance what they can expect from him in 2014-15.

"(Laughing) Lots of dunks, people say I like to dunk and they aren't wrong," Edwards

said. "Hopefully, a lot of exciting plays, as well as block some shots and make some threes. I want to bring a lot of excitement and energy into Bramlage."

His coach agrees.

"He can get to the basket," Weber said at Big 12 Media Days in Kansas City. "He'll — I promise you one thing, he'll have some dunks that we'll get on ESPN."

PARKER ROBB | THE COLLEGIAN



K-State women's basketball team, Mittie searching for identity

BY RYAN PORTER
THE COLLEGIAN

In preparation of his first season at K-State, Jeff Mittie clearly voiced his desire to find a feel for where his team stands for the 2014-15 season at Wednesday's Women's Basketball Media Day.

To Mittie, as a coach with some of the most wins in Division I women's basketball, the confusion and searching comes with the transition. However, he said with the first exhibition coming on Nov. 3 against Emporia State, it's time to put pedal to the metal.

"The sense of energy for our group hasn't been as good as I would have liked," Mittie said. "That has been a little bit concerning. Our group needs to have greater sense of urgency. (Sometimes) they've laid back and been a little timid and not wanted to make a mistake. You don't know how they're going to react. I would rather them get after it, play their tails off and we'll correct mistakes on film later."

The Wildcats ended their season last year with a record of 11-19 and the team is confident in improving that record with the various changes that have been

made. One of which will be very noticeable and senior guard Ashia Woods, who will be looked upon as an on-and-off-the-floor leader, said it'll add some "pop" to what they're able to do on offense.

"Well, one change that will really be big is the defense," Woods said. "We went from a man-to-man defense and now we are in a zone. (Offensively, Mittie) is making each individual player attack more, score more and think of shooting first."

Mittie said he needs his team to get to the free-throw line and find easier shots to attempt, while also limiting other team's ability to work inside the 3-point line.

"Biggest difference is the discipline," sophomore guard Kindred Wesemann said of her new head coach's tendencies. "Just knowing that he is going to expecting everything that you have for every play, we have this saying, 'You don't take one play off (in practice), because you can't take it off during the game.'"

Entering her last season at K-State, Woods is looking to make a run at a conference title and she said she believes that what they're implementing in practice should transition well into games.

Fortunately for Mittie, he has plenty of young talent to

work with as eight of his players are either freshmen or sophomores.

A healthy Haley Texada is an important piece for Mittie's inaugural season. As one of the few underclassmen on the roster, she'll be a crucial part of the development of the 2014-15 season.

"Coming off the injury was really tough, not being able to play in conference, but I am excited to get back out there and show them what I got," the senior guard said.

Mittie spent the last 13 seasons at TCU, accumulating 303 career victories. He tallied a 2-2 record against K-State and developed a scouting report of the Wildcats' roster. Now, seven months into his tenure at his new school, he said it's time to transition to a different mindset.

"It is about what you are doing today," Mittie said. "It is about your productivity today. Because, quite frankly, what you have done in the past is not relative to how you are playing today. That has been a little bit of a message that our returners have needed to get quicker. They have not played as well as I believe that they are capable of. They need to pick it up here, because the productivity of today is going to be who is going to play here come the exhibition season and going forward."

PARKER ROBB | THE COLLEGIAN

Women's basketball head coach **Jeff Mittie** responds to questions from the media and K-State fans in attendance at his introductory press conference on March 25 in the West Stadium Center of Bill Snyder Family Stadium. This season, Mittie said he wanted to see the team improve defensively and work on their free-throws.

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COURT | Kansas last enforced death penalty in 1965 with hanging

CONTINUED FROM PAGE 1

The decision to overturn the death sentences was made by the Kansas Supreme Court in July. However, the court still upheld the capital murder charges to both parties.

"From the perspective of a student and someone of younger age than these decision makers, I personally think the death penalty can be tricky," Colton Odette, junior in park management and conservation, said. "Part of me doesn't support it because there have been many cases of innocent people being

charged with crimes they didn't commit, and if they were to be sentenced to death that would be outrageous. The other part of me supports it because these people committed horrible crimes and should be charged with the harshest of punishments."

Kansas reinstated the death penalty in 1994, according to the Death Penalty Information Center website. However, the last executions by the state of Kansas were in 1965 when George York and James Latham were sentenced to death by hanging.

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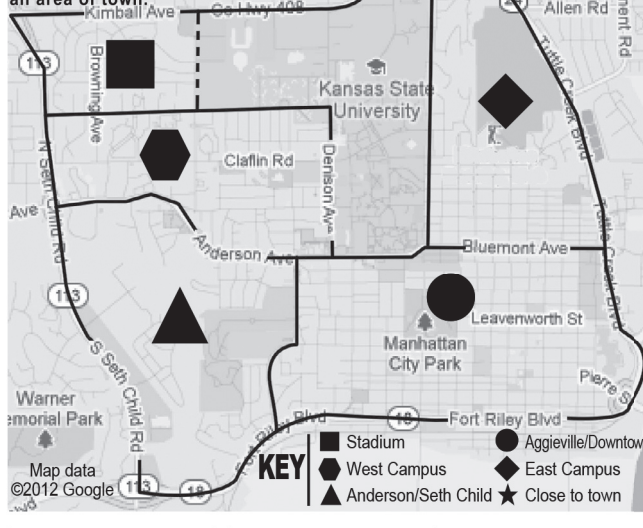
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BY JENNY JIROVEC
 THE COLLEGIAN

When dinner with friends turns into a crazy night out, it can be followed by a really rough morning. Friends are always quick to offer their personal hangover remedies, but unfortunately a few of them are just old wives' tales.

Luckily for us "responsible" college students, there are a few tricks we can use to lessen our pain.

What is a hangover?

According to Health.com, a hangover is the direct product of dehydration and poisonous side effects from alcohol's toxins. These toxins, called congeners, are especially found in dark liquors such as whiskey.

"The dehydration does correlate to some, but doesn't account for all of the hangover symptoms," Chaz Mailey, coordinator of alcohol and other drug related services, said. "Another is that you have too much of the toxic byproduct of ethanol in your system known as acetaldehyde, and that this overabundance will lead you to feel like trash."

Popular misconceptions

There are many fictitious tales regarding hangover cures. A Health.com article exploring hangover cure remedies listed several popular misconceptions for curing hangovers including drinking more alcohol the next day and eating greasy food. While these may seem like more appealing fixes, they might not be the most effective.

Eating a greasy meal before



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One of the consequences of drinking alcohol is going through the hangover the following day. One of the most popular cures for this is to sprinkle some salt into a glass of water; this helps keep the body hydrated and speeds up the process of getting your blood sugar level back on track.

fore drinking may help "soak up" the alcohol, but eating a greasy meal packed with carbohydrates when hungover can actually irritate your already sensitive stomach according to Jenny Yuen, health educator at Lafene Health Center.

Popular cures

According to advice website HowStuffWorks.com, drinking several glasses of water with a dash of both salt and sugar before bed after a long night out and when you wake up the following day can help the body deal with

a hangover. The combination of water and salt helps the body stay hydrated, replaces lost electrolytes and gets blood sugar back on track.

According to Time.com, sports drinks like Gatorade can replenish missing electrolytes and restore your sys-

tem levels. But another "super beverage" that may prove more effective for some is coconut water.

Best way to avoid hangovers

"Only time can heal a

hangover," Yuen said. "If a person can get rest by sleeping, that will be the way."

Of course, the best way to avoid a hangover is to drink responsibly.

"If you are going to be drinking, knowing your limit is important," Yuen said.

According to the National Institute on Alcohol Abuse and Alcoholism, a branch of the National Institute of Health, a standard drink is any alcoholic beverage that contains approximately 14 grams of liquor. That said, everybody metabolizes alcohol differently.

"Try to keep your intake to a reasonable amount," Mailey said. "So for women, trying to stay under three drinks and for men trying to keep that number around four (over a four hour period). Research has shown that you don't really want to get above a (blood alcohol concentration) of .08, because at a BAC of .10, you're more likely to experience hangover symptoms."

It is easy to let hangovers alter our sleep schedule.

According to Healthline.com, alcohol disrupts sleep, particularly REM sleep, which the body needs to restore itself.

"My best advice is to drink sparingly to avoid hangovers," Sarah Ellis, senior in family studies and human resources, said. "In my experience, getting plenty of rest the next day is also helpful."

That said, if you have the luxury of "sleeping it off," definitely do so. When it is time to open your eyes, keep yourself hydrated. This essential combo will help prevent and cure tomorrow morning's hangover.

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